

# TEMECULA

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## SEPTEMBER 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**Massage Therapy by appointment as noted**  
Michael Foster, CMT

1  
11-11:30am  
Strength/Mobility

2

4  
Closed

5  
8am-5pm **Massage available** by appointment  
11-11:30am Upper Body  
11:30am-12pm Lower Body  
2-2:30pm Lower Body  
5-5:30pm Upper Body

6  
11-11:30am Back and Legs  
2-2:30pm Balance/Strength

7  
8am-5pm **Massage available** by appointment  
11-11:30am Lower Body  
11:30am-12pm Upper Body  
2-2:30pm Upper Body  
5-5:30pm Strength/Mobility

8  
11-11:30am  
Strength/Mobility

9

11  
11-11:30am  
Balance/Strength  
2-2:30pm Back and Legs

12  
8am-5pm **Massage available** by appointment  
11-11:30am Upper Body  
11:30am-12pm Lower Body  
2-2:30pm Lower Body  
5-5:30pm Upper Body

13  
11-11:30am Back and Legs  
2-2:30pm Balance/Strength

14  
8am-5pm **Massage available** by appointment  
11-11:30am Lower Body  
11:30am-12pm Upper Body  
2-2:30pm Upper Body  
5-5:30pm Strength/Mobility

15  
11-11:30am  
Strength/Mobility

16

18  
11-11:30am  
Balance/Strength  
2-2:30pm Back and Legs

19  
8am-5pm **Massage available** by appointment  
11-11:30am Upper Body  
11:30am-12pm Lower Body  
2-2:30pm Lower Body  
5-5:30pm Upper Body

20  
11-11:30am Back and Legs  
2-2:30pm Balance/Strength

21  
8am-5pm **Massage available** by appointment  
11-11:30am Lower Body  
11:30am-12pm Upper Body  
2-2:30pm Upper Body  
5-5:30pm Strength/Mobility

22  
11-11:30am  
Strength/Mobility

23

25  
11-11:30am  
Balance/Strength  
2-2:30pm Back and Legs

26  
8am-5pm **Massage available** by appointment  
11-11:30am Upper Body  
11:30am-12pm Lower Body  
2-2:30pm Lower Body  
5-5:30pm Upper Body

27  
11-11:30am Back and Legs  
2-2:30pm Balance/Strength

28  
8am-5pm **Massage available** by appointment  
11-11:30am Lower Body  
11:30am-12pm Upper Body  
2-2:30pm Upper Body  
5-5:30pm Strength/Mobility

29  
11-11:30am  
Strength/Mobility

30